

Chef

express



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STATE JOURNAL

breakfast & brunch



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breakfast & brunch

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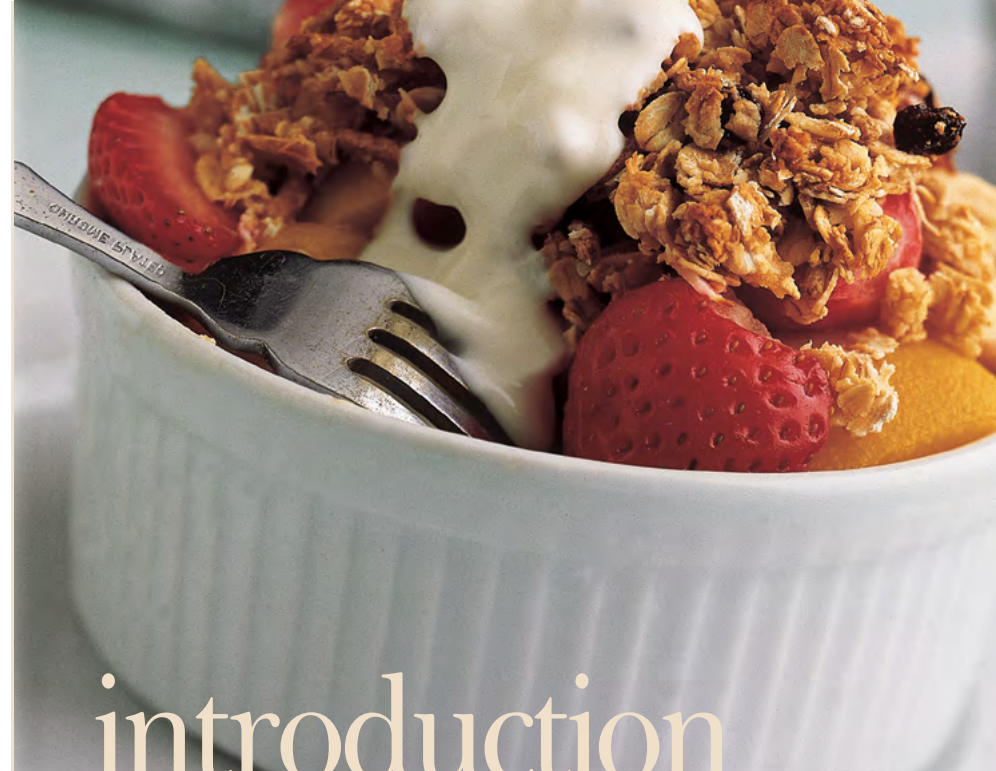
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Start off the day in the most delicious way possible! Here you'll discover an amazing array of classic morning recipes that will inspire you to create easy weekday breakfasts and savory homemade brunches. From omelets, waffles and pancakes, to smoked salmon, toasts and sandwiches, these dishes will definitively take your mornings to the next level.



breakfast & brunch



The best way to accomplish stress-free, laid-back morning meals is to keep it simple and prep as much as you can the night before.

Tips & Tricks

- Prep vegetables for omelets and sandwiches. These dishes don't take much time to prepare. But you can have them ready extra quickly by chopping any veggies that you want to include, the day before.
- For the healthiest breakfast, try to include whole grains, low-fat dairy, protein, fruits and veggies. Try to avoid highly processed packaged foods.
- Set the table the night before. If are usually in a rush during the morning, plan breakfast ahead and get organized after dinner. If possible, place bowls, cups and glasses beforehand.
- If you are hosting brunch, set up a tea and coffee station. Include different types of milk, creamers, sugar and sweeteners, an assortment of teas, and spices like cinnamon or nutmeg. Your guests will appreciate the effort and everyone will be able to have coffee to their preference.

- You can also set up a toast station and a parfait station. Place yogurt, granola, fresh fruit, nuts, chocolate chips and other toppings in separate bowls. Sliced bread or bagels can be placed near a toaster, along with some jams, butters and spreads.
- Keep the food warm. There are many recipes that don't require to be cooked from scratch just before your guests arrive. Biscuits, cakes and loafs can be reheated or kept warm in the oven at low temperatures.
- Add cocktails or mocktails. Including some classic brunch drinks like mimosas, bloody marys, bellinis and other light drinks with fruity flavors will make your guests smile.
- Make it special. Surprise someone you love with a lovely breakfast in bed, be it for a special occasion or just because. You can put together a tray with their favorite foods, and add a special touch such as flowers or a cute note.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

mini fruit crumbles

■ □ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

ingredients

- > 2 fresh peaches, peeled and chopped, or 440 g/14 oz unsweetened canned peaches, drained and chopped
- > 2 bananas, chopped
- > 250 g/8 oz strawberries, halved

muesli topping

- > 1 cup/125 g/4 oz muesli
- > 1 tablespoon honey
- > 2 teaspoons finely grated orange rind

method

1. Place peaches, bananas and strawberries in a bowl and mix to combine (a). Divide fruit mixture between four 1 cup/250 ml/8 fl oz capacity ramekins.
2. To make topping, place muesli, honey and orange rind in a bowl (b) and mix to combine.
3. Sprinkle topping over fruit (c) and bake at 180°C/350°F/Gas 4 for 20 minutes or until topping is crisp and fruit is heated through.

.....
Makes 4



tip from the chef

Any combination of seasonal fruit can be used to make this tasty dessert. Serve with a spoonful of low fat natural yogurt or low fat fromage frais.



pipérade

with eggs

■ □ □ | Cooking time: 15 minute - Preparation time: 10 minutes

method

1. To make pipérade, melt butter in a frying pan and cook leek, ham, oregano, green and yellow or red peppers for 4-5 minutes or until leek and peppers are soft. Add tomatoes and cook for 2-3 minutes or until heated. Season to taste with black pepper. Set aside and keep warm.
2. Place eggs, orange juice, cream and black pepper to taste in a bowl and mix to combine. Melt butter in a frying pan, add egg mixture and cook over a low heat. As the egg mixture starts to set, gently turn it, so that the mixture forms large fluffy rolls – do not use a stirring motion as this causes the rolls to break up. Cook until all the egg mixture is just set.
3. Spoon egg around the outside of a large serving platter, then spoon pipérade into the center.

ingredients

- > 8 eggs
- > ½ cup/125 ml/4 fl oz orange juice
- > ⅓ cup/90 ml/3 fl oz double cream
- > 30 g/1 oz butter

pipérade

- > 30 g/1 oz butter
- > 1 small leek, sliced
- > 250 g/8 oz ham, diced
- > 1 teaspoon dried oregano
- > 1 green pepper, chopped
- > 1 yellow or red pepper, chopped
- > 125 g/4 oz cherry tomatoes, halved
- > freshly ground black pepper

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Serves 8

junior chef says

Served with hot toast this is a substantial breakfast or brunch dish. It also makes an excellent lunch or dinner dish.



honey oat loaf

■ □ □ | Cooking time: 45 minutes - Preparation time: 10 minutes

ingredients

- > ½ cup/60 g/2 oz flour
- > 1 cup/125 g/4 oz self-raising flour
- > 1 teaspoon salt
- > 1½ teaspoons baking powder
- > 1 cup/90 g/3 oz rolled oats
- > 45 g/1½ oz butter, melted
- > 2 eggs, lightly beaten
- > ¼ cup/60 ml/2 fl oz water
- > ½ cup/170 g/ 5½ oz honey, warmed

method

1. Sift together flour and self-raising flour, salt and baking powder into a large mixing bowl. Stir in rolled oats.
2. Combine butter, eggs, water and honey and mix into flour mixture until just combined. Pour into a greased and lined 11 x 21 cm/4½ x 8½ in loaf tin and bake at 180°C/350°F/Gas 4 for 40-45 minutes or until cooked when tested with a skewer. Stand in tin for 5 minutes before turning onto a wire rack to cool completely.

.....
 Makes an 11 x 21 cm/ 4½ x 8½ in loaf

junior chef says

Plain, or spread with a little butter and jam, this loaf tastes delicious. Honey can be substituted by grape syrup or molasses, and rolled oats by rice crispies or corn flakes.





poached fruit millefeuille

■ ■ □ | Cooking time: 35 minute - Preparation time: 15 minutes

method

1. Place sugar, orange juice, wine, cinnamon stick and cloves in a large saucepan and heat over a low heat, stirring, for 4-5 minutes or until sugar dissolves. Bring to the boil, then reduce heat and simmer for 10 minutes or until syrup reduces slightly.
2. Add pears and peaches to syrup, cover and simmer for 10 minutes or until fruit softens. Remove from heat, add plums, cover and stand for 5 minutes. Remove fruits from syrup, cover, set aside and keep warm.
3. Layer sheets of pastry. Brush first and third sheets lightly with butter and sprinkle second and fourth sheets with ground cinnamon. Cut pastry into 12 rectangles each measuring 7.5 x 15 cm/3 x 6 in. Place pastry rectangles on a nonstick baking tray and bake in a hot oven for 5 minutes or until pastry is crisp and golden.
4. Make stacks of three pastry rectangles with two layers of fruit. Dust with icing sugar and serve with a little of the syrup.

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Serves 4

ingredients

- > ¼ cup/45 g/1½ oz brown sugar
- > 2 cups/500 ml/16 fl oz orange juice
- > ½ cup/125 ml/4 fl oz muscat or similar sweet wine
- > 1 cinnamon stick
- > 3 cloves
- > 3 pears, peeled, cored and cut into thick slices
- > 6 peaches, peeled, cut into thick wedges
- > 6 plums, cut into wedges
- > 4 x 40 g/1⅓ oz sheets filo pastry
- > 30 g/1 oz butter, melted
- > 1 tablespoon ground cinnamon
- > 30 g/1 oz icing sugar, sifted

tip from the chef

Another fabulous dessert that can be made using the best seasonal fruit available.



golden oat biscuits

■ □ □ | Cooking time: 15 minutes - Preparation time: 5 minutes

ingredients

- > 1 cup/90 g/3 oz rolled oats
- > 1 cup/125 g/4 oz flour, sifted
- > 90 g/3 oz desiccated coconut
- > 1 cup/250 g/8 oz sugar
- > 4 teaspoons golden syrup, warmed
- > 125 g/4 oz butter, melted
- > 2 tablespoons boiling water
- > 1 teaspoon bicarbonate of soda

method

1. Place rolled oats, flour, coconut and sugar in a large bowl. Combine golden syrup, butter, water and bicarbonate of soda. Pour golden syrup mixture into dry ingredients and mix well to combine.
2. Drop teaspoons of mixture 3 cm/1¼ in apart on greased baking trays and bake at 180°C/350°F/Gas 4 for 10-15 minutes or until biscuits are just firm. Stand on trays for 3 minutes before transferring to wire racks to cool.

.....
Makes 30



tip from the chef

Biscuits should always be stored in an airtight container. Allow the biscuits to cool completely on wire cooling racks before storing.



lemon and pistachio pancakes



■ □ □ | Cooking time: 5 minutes – Preparation time: 10 minutes

method

1. Place flour and sugar in a bowl and mix to combine. Whisk in yogurt, egg, milk, lemon rind and pistachios (a) and continue whisking until batter is smooth.
2. Cook dessertspoonfuls of mixture in a heated, greased, heavy-based frying pan for 1-2 minutes or until bubbles form on the surface (b), then turn and cook for 1-2 minutes longer or until golden (c). Serve immediately.

ingredients

- > 1 cup/125 g/4 oz self-raising flour
- > ¼ cup/60 g/2 oz sugar
- > 250 g/8 oz natural yogurt
- > 1 egg, lightly beaten
- > ⅓ cup/90 ml/3 fl oz milk
- > 1 tablespoon finely grated lemon rind
- > 60 g/2 oz chopped pistachios

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Serves 6

tip from the chef

Serve pancakes stacked, with whipped cream and extra pistachios.



provençal

eggs

■ □ □ | Cooking time: 45 minutes - Preparation time: 10 minutes

ingredients

- > ½ cup/125 ml/4 fl oz vegetable oil
- > 1 large onion, chopped
- > 2 cloves garlic, crushed
- > 1 eggplant, chopped
- > 4 large tomatoes, chopped
- > 3 tablespoons tomato paste (purée)
- > ¼ cup/60 ml/2 fl oz white wine
- > 4 eggs
- > 1 tablespoon chopped fresh parsley

method

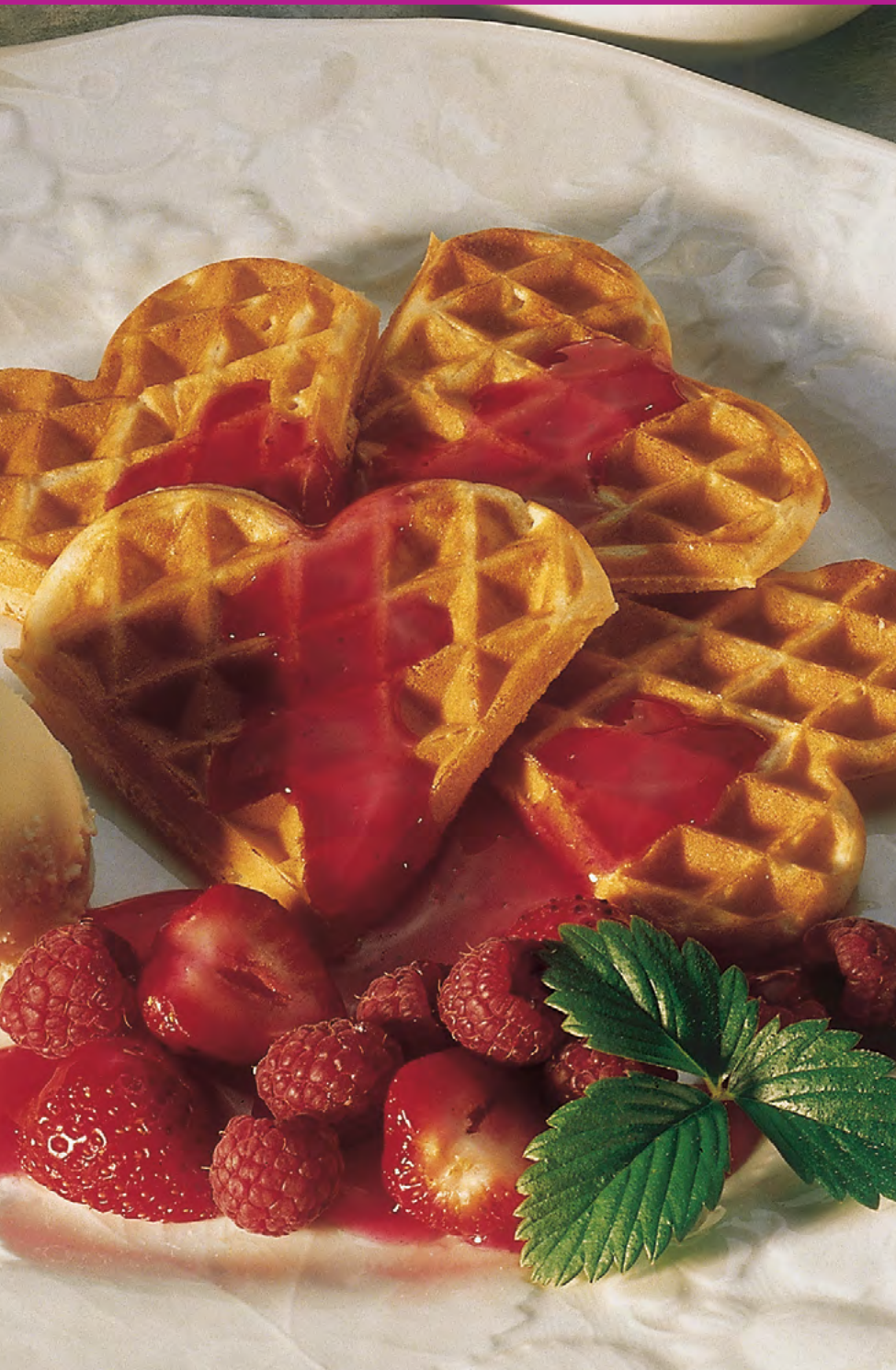
1. Heat 2 tablespoons oil in a large frying pan and cook onion and garlic for 3-4 minutes or until soft. Add eggplant and remaining oil and cook for 5 minutes. Stir in tomatoes, tomato paste and wine (a) and cook for 10 minutes longer.
2. Transfer vegetable mixture to a shallow ovenproof dish and bake at 200°C/400°F/ Gas 6 for 10 minutes.
3. Remove dish from oven and using the back of a tablespoon make 4 depressions in the mixture (b). Break an egg into each depression (c), sprinkle with parsley and bake for 10-15 minutes longer or until eggs are cooked.

.....
Serves 4

tip from the chef

This delightful dish can also be cooked in shallow individual dishes. Divide vegetable mixture between dishes, bake for 5 minutes then add the eggs and bake for 10 minutes longer or until eggs are cooked.





golden waffles

■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

method

1. Sift plain flour, self-raising flour, baking powder and salt together into a bowl. Stir in sugar.
2. Whisk together milk, egg yolks and butter. Make a well in the center of flour mixture and mix in milk mixture until just combined.
3. Place egg whites in a bowl and beat until stiff peaks form, then fold into batter.
4. Cook batter in a preheated, greased waffle iron following the manufacturer's instructions. Serve waffles hot with topping of your choice.

.....
 makes about 10 waffles

ingredients

- > 2 cups/250 g/8 oz plain flour
- > 1 cup/125 g/4 oz self-raising flour
- > 1½ teaspoons baking powder
- > 1 teaspoon salt
- > ¼ cup/60 g/2 oz sugar
- > 2 ¼ cups/560 ml/18 fl oz milk
- > 3 eggs, separated
- > 120 g/4 oz butter, melted

tip from the chef

Classic heart-shaped waffles become a perfect dessert for Saint Valentine's Day if served with a scoop of ice-cream and some raspberry compote.



croissants

■■■ | Cooking time: 25 minutes - Preparation time: several hours

ingredients

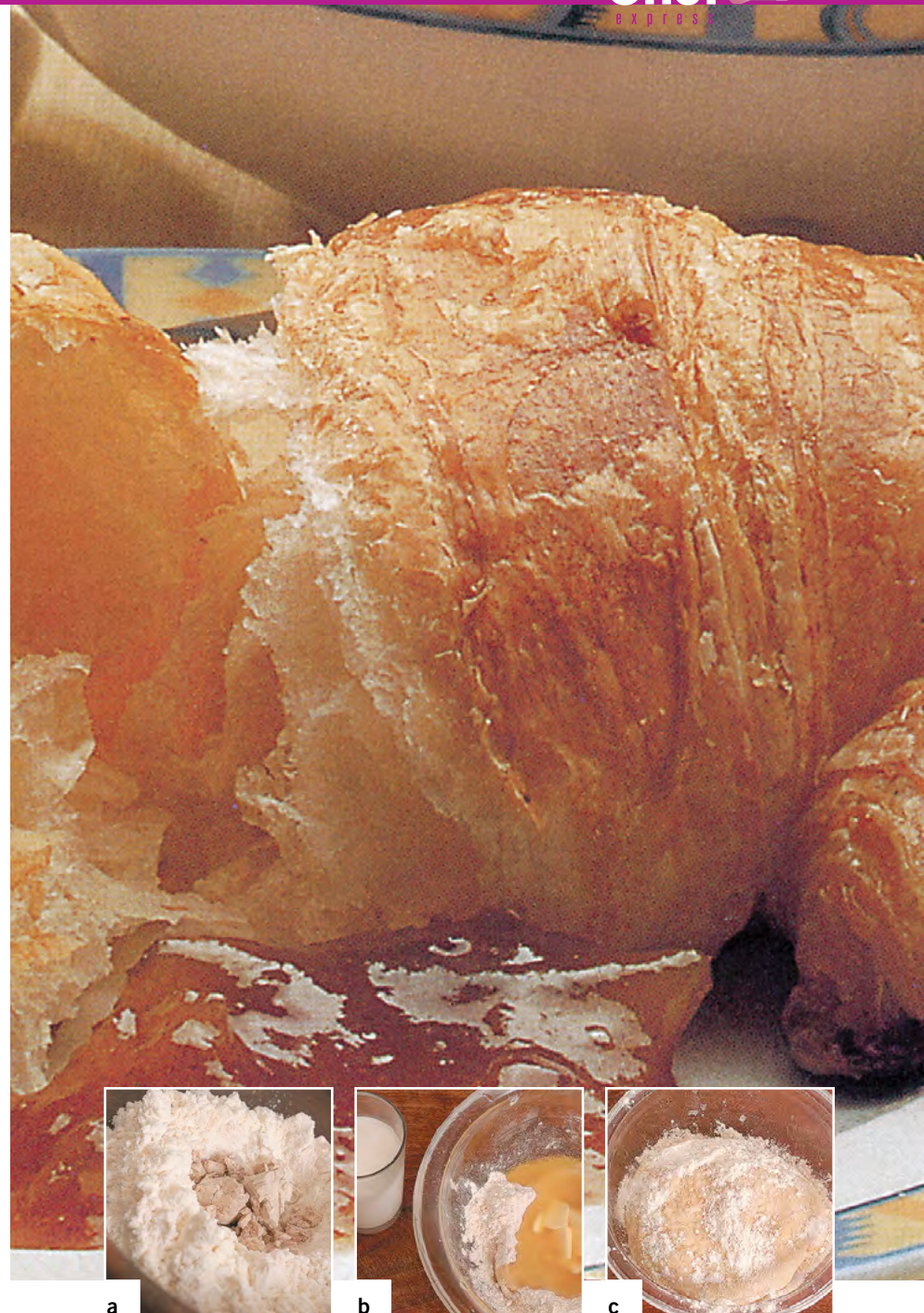
- > 375 g/12 oz flour
- > 15 g/½ oz yeast
- > ½ teaspoon salt
- > 150 ml/5 oz warm milk and water (half and half)
- > 185 g/6 oz butter

method

1. Sift flour onto a board and divide into four. Take one quarter and make a well in the center. Place the yeast in this (a) and mix with about 2-3 tablespoons warm milk-and-water mixture.
2. Have ready a saucepan of warm water and drop the ball of yeast dough into this and set aside. Add the salt to the rest of the flour, make a well in the center, add half the butter, softened (b), and work up, adding enough of the milk-and-water mixture to make a firm paste.
3. Beat on the board for about 5 minutes. Lift the yeast dough from the water and mix into the paste thoroughly.
4. Turn into a floured bowl (c), cover with a plate and place in the refrigerator for 12 hours. Roll out the paste to a square, place the rest of the butter, cold, in the center and fold up like a parcel.
5. Give the paste three turns as for puff pastry. Rest the paste between every two turns and chill before shaping. When ready for shaping, roll out very thinly to an oblong shape, divide into two lengthwise and cut each strip into triangles. Roll up each one starting from the base and seal tip with beaten egg. Curl to form a crescent, then set on a dampened baking tray. Let stand for about 10 minutes then brush with beaten egg. Bake at 200°C/400°F/Gas 6 for about 25 minutes.



.....
Serves 4



hot chocolate



■ □ □ | Cooking time: 2 minutes – Preparation time: 5 minutes

method

1. Place cocoa powder and sugar in saucepan. Slowly stir in a little milk (a) to make a smooth paste. Stir in remaining milk.
2. Boil over a low heat, stirring all the time (b).
3. Carefully pour hot chocolate into mug (c). Place marshmallow on top.

ingredients

- > 1 teaspoon cocoa powder
- > 1-2 teaspoons sugar, or according to taste
- > 1 cup/250 ml/8 fl oz cold milk
- > 1 marshmallow

.....
Makes 1

junior chef says

It is ideal for a winter day. If you wish to give it a special flavor, add a pinch of ground cinnamon.



yogurt orange pancakes

■ □ □ | Cooking time: 20 minutes - Preparation time: 15 minutes

ingredients

- > 1 cup/125 g/4 oz flour
- > ½ teaspoon salt
- > ½ teaspoon bicarbonate of soda
- > 1¼ cups/250 g/8 oz natural yogurt
- > 1 egg, lightly beaten
- > ⅓ cup/90 ml/3 fl oz milk
- > natural yogurt, extra, to accompany

orange sauce

- > 1 teaspoon finely grated orange rind
- > ½ cup/125 ml/4 fl oz

orange juice

- > 2 tablespoons caster sugar
- > 1 teaspoon cornflour blended with 2 teaspoons water
- > 2 tablespoons Cointreau

method

1. Sift together flour, salt and bicarbonate of soda into a mixing bowl. Make a well in the center. Combine yogurt, egg and milk and mix into flour mixture until just combined.
2. Drop spoonfuls of mixture into a lightly greased heavy-based frying pan and cook until bubbles form on the surface, then turn pancakes and cook on other side until golden.
3. To make sauce, place orange rind, juice and sugar in a saucepan and cook over a medium heat, stirring constantly, until sugar dissolves. Stir in cornflour mixture and cook for 1-2 minutes longer or until sauce thickens. Stir in Cointreau and heat for 1-2 minutes longer.
4. Top pancakes with sauce and accompany with extra yogurt.

.....
Serves 4



tip from the chef

Pancakes, one of the quickest desserts you can make, can be prepared ahead of time then reheated prior to serving.





lemon

soufflé omelette

■□□ | Cooking time: 5 minutes – Preparation time: 5 minutes

method

1. Using an electric mixer, beat egg yolks, cream, sugar, lemon juice and lime juice for 1 minute.
2. In a separate bowl, beat egg whites until soft peaks form. Fold egg yolk mixture into the whites, one tablespoon at a time.
3. Melt butter in a medium frying pan until sizzling. Pour mixture into pan, cook until golden underneath, about 1-2 minutes.
4. Transfer pan to grill and cook until top of omelette is dry to touch. Using a spatula, ease omelette onto serving plate, fold in half and dust with icing sugar. Serve with fresh cream and blueberries if desired.

ingredients

- > 2 eggs, separated
- > 2 tablespoons cream
- > 4 tablespoons caster sugar
- > 1 tablespoon freshly squeezed lemon juice
- > 1 tablespoon freshly squeezed lime juice
- > 1 tablespoon butter
- > icing sugar, for dusting

.....
Makes 1

tip from the chef

For best results butter should be foaming, but not colored, when you add the egg mixture. This means that the omelette will begin to cook straight away.



french toast

■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

ingredients

- > 1 egg
- > ¼ cup milk
- > 3 slices wholemeal bread
- > butter to grease pan
- > honey to serve

method

1. Beat egg and milk together with rotary beater.
2. Cut slices of bread in half. Heat greased frying pan.
3. Pick up bread with a fork and dip both sides into egg mixture.
4. Cook bread in hot pan. Turn when browned underneath. Cook other side until golden.
5. Serve immediately with honey.

.....
Makes 6 slices



junior chef says

This makes a good breakfast, and it is also great for winter afternoons.



rosetta pizzas



■ □ □ | Cooking time: 3 minutes - Preparation time: 5 minutes

method

1. Spread each half roll with tomato purée, top with prosciutto, then mozzarella cheese, red pepper and parsley.
2. Bake in a moderate oven for 10 minutes or until cheese melts.

ingredients

- > 2 rosetta rolls, halved
- > 3 tablespoons tomato purée
- > 8 slices prosciutto
- > 4 thin slices mozzarella cheese
- > 2 tablespoons red pepper, seeded and finely chopped
- > 2 tablespoons chopped parsley

.....
Serves 4

tip from the chef

Once out of the oven, spray with olive oil and sprinkle some chopped basil to add freshness and fragrance.



spinach pancakes

■ ■ □ | Cooking time: 35 minutes - Preparation time: 30 minutes

ingredients

- > 8 spinach or silverbeet leaves, shredded
- > 1 cup/125 g/4 oz flour
- > 4 eggs, lightly beaten
- > 155 ml/5 fl oz milk
- > 30 g/1 oz butter, melted

spinach filling

- > 2 teaspoons vegetableoil
- > 2 cloves garlic, crushed
- > 12 spinach or silverbeet leaves, shredded
- > 300 g/9½ oz sour cream or natural yogurt
- > freshly ground black pepper

method

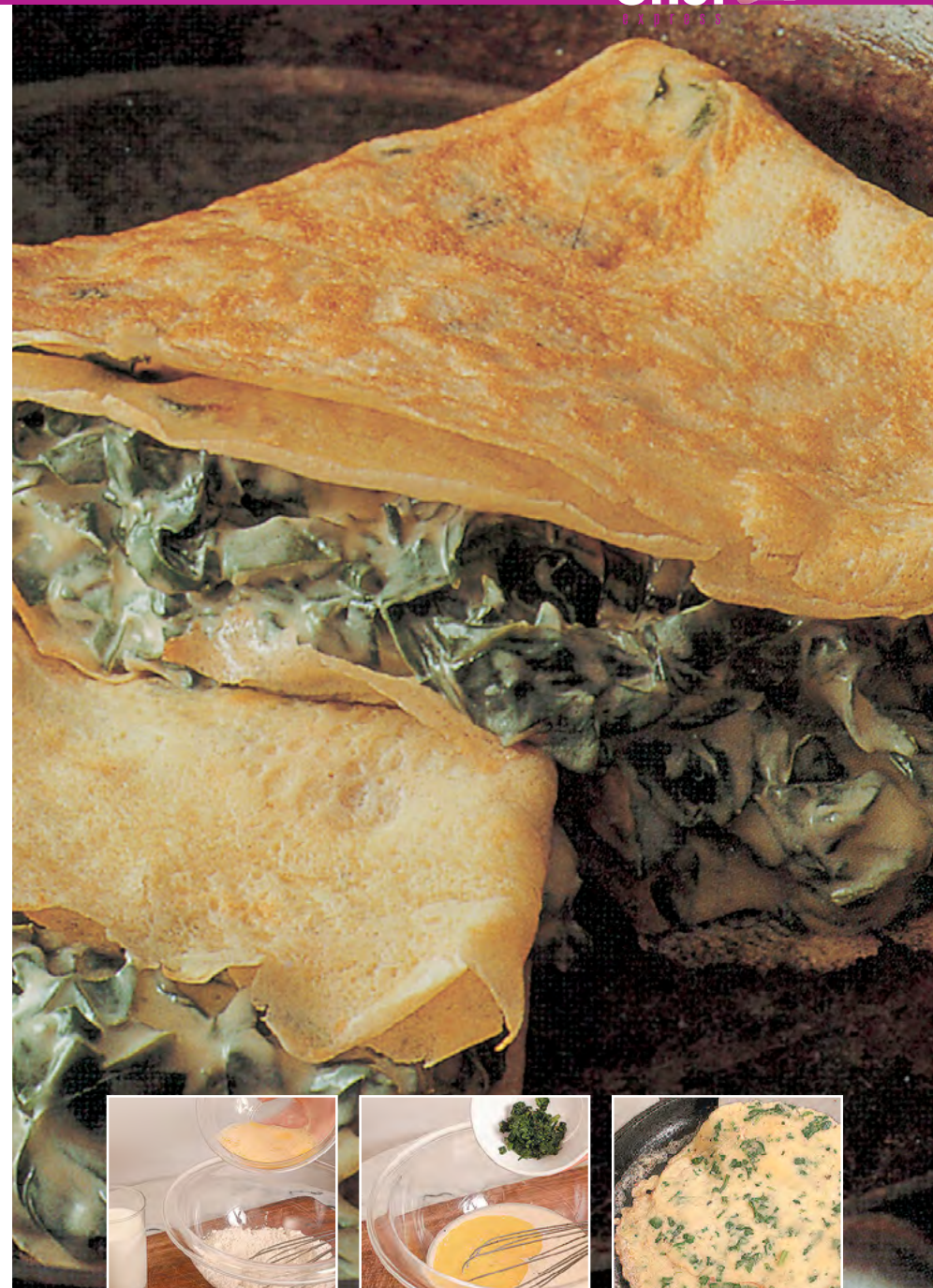
1. To make pancakes, boil or microwave spinach or silverbeet until wilted. Drain and squeeze out as much liquid as possible.
2. Place flour in a bowl and make a well in the center. Add eggs and a little of the milk (a) and beat working in all the flour. Beat in butter and remaining milk, then stir through spinach (b).
3. Pour 2-3 tablespoons of batter into a 20 cm/8 in nonstick frying pan and tilt pan so batter evenly covers base. Cook for 1 minute each side (c) or until lightly browned. Set aside and keep warm. Repeat with remaining batter.
4. To make filling, heat oil in a frying pan, add garlic and cook over a medium heat, stirring, for 1 minute. Add spinach or silverbeet and cook for 3 minutes longer or until spinach or silverbeet wilts.
5. Stir in sour cream or yogurt and black pepper to taste. Spread a spoonful of filling over each pancake. Fold pancakes into quarters and serve immediately.

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Serves 6



tip from the chef

These wholesome pancakes envelop a delicious savory filling and are best served immediately after cooking.



a

b

c



breakfast

in a cup

■ □ □ | Cooking time: 7 minutes - Preparation time: 10 minutes

method

1. To make porridge, place milk, rolled oats, apples, sultanas and cinnamon in a saucepan and mix to combine. Cook over a medium heat, stirring, for 5-7 minutes or until oats are soft. Spoon porridge into serving bowls and serve topped with a spoonful of yogurt.
2. Place milk, yogurt, strawberries, wheat germ and ice in a food processor or blender and process until thick and frothy. Pour into a tall glass and serve immediately.

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Serves 1

ingredients

- > 1 cup/250 ml/8 fl oz low fat milk
- > 1/3 cup/60 g/2 oz diet fruit yogurt
- > 125 g/4 oz strawberries, hulled
- > 1 tablespoon wheat germ
- > 4 ice cubes fruit and yogurt porridge
- > 1 cup/250 ml/8 fl oz low fat milk
- > 1/4 cup/30 g/1 oz rolled oats
- > 1 1/2 tablespoons chopped dried apples
- > 1 1/2 tablespoons sultanas
- > 1/2 teaspoon ground cinnamon
- > 1 tablespoon low fat natural yogurt

junior chef says

Porridge is easy to make in the microwave. Place ingredients in a large microwavable container and cook on High (100%), stirring every 1 1/2 minutes, for 3-4 minutes or until mixture boils and thickens.



pecan crispies

■ □ □ | Cooking time: 3 minutes – Preparation time: 15 minutes

ingredients

- > 3 egg whites
- > pinch salt
- > 1 teaspoon vanilla essence
- > ¾ cup caster sugar
- > 2 cups pecan nuts, chopped

method

1. Beat egg whites in a large bowl with an electric mixer until soft peaks form.
2. Add salt, vanilla essence and sugar, beat for a further 1 minute, fold in nuts.
3. Drop teaspoons of mixture onto a greaseproof paper lined baking tray.
4. Bake in moderate oven for 2-3 minutes, turn off oven and leave biscuits in oven for 1 hour.
5. Use a spatula to ease biscuits off paper, store in an airtight container.

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Serves 10 (makes about 40)



tip from the chef

One serving of these crispies is equivalent in calories to a small fruit and provides a moderate fat contribution, mostly composed by unsaturated fat.





salmon rolls

with tomato butter

■ ■ □ | Cooking time: 45 minutes - Preparation time: 20 minutes

method

1. To make tomato butter, cut tomatoes in half lengthwise and place on a lightly greased baking tray. Sprinkle with salt and bake at 180°C/350°F/Gas 4 for 30 minutes or until tomatoes are very soft. Set aside to cool slightly. Place warm tomatoes and butter in a food processor or blender and process until smooth.
2. Place cream cheese, dill, lime juice, lime rind and black pepper to taste in a food processor or blender and process until smooth.
3. Cut salmon into four 3 cm/1¼ in wide strips. Spread each strip with some of the cream cheese mixture, roll up and secure with wooden toothpicks. Place rolls on a lightly greased baking tray, cover and bake for 15 minutes or until salmon is cooked.
4. To serve, divide watercress between serving plates, top with salmon rolls. Serve immediately, drizzled with tomato butter.

ingredients

- > 125 g/4 oz cream cheese, softened
- > 1 tablespoon chopped fresh dill
- > 2 teaspoons lime juice
- > 1 tablespoon finely grated lime rind
- > freshly ground black pepper
- > 500 g/1 lb salmon fillet
- > ½ bunch/125 g/4 oz watercress, broken into sprigs

tomato butter

- > 4 ripe tomatoes
- > sea salt
- > 30 g/1 oz butter

.....
Serves 4

junior chef says

An elegant yet easy brunch dish starter that is sure to impress. The rolls can be prepared several hours in advance, covered and refrigerated until ready to cook.



crêpes

suzette

■ ■ □ | Cooking time: 25 minutes – Preparation time: 25 minutes

ingredients

- > ½ cup/125 ml/4 fl oz orange juice, warmed
- > 2 tablespoons caster sugar
- > 1 tablespoon orange-flavored liqueur
- > 1 tablespoon brandy

crêpes

- > 1 cup/125 g/4 oz flour
- > ¾ cup/185 ml/6 fl oz milk
- > ½ cup/125 ml/4 fl oz water
- > 2 eggs
- > 15 g/½ oz butter, melted
- > 1 tablespoon sugar

method

1. To make crêpes, place flour, milk, water, eggs, butter and sugar in a food processor or blender and process until smooth. Cover and set aside to stand for 1 hour.
2. Pour 2-3 tablespoons batter into a heated, lightly greased 18 cm/7 in crêpe pan and tilt pan so batter covers base thinly and evenly. Cook over a high heat for 1 minute or until lightly browned. Turn crêpe and cook on second side for 30 seconds. Remove from pan, set aside and keep warm. Repeat with remaining batter to make 12 crêpes.
3. Fold crêpes into quarters and arrange overlapping in a heatproof dish. Pour over orange juice and sprinkle with caster sugar. Place orange liqueur and brandy in a small saucepan and warm over a low heat, ignite, pour over crêpes and serve immediately.

.....
Serves 4

tip from the chef

To keep cooked crêpes warm while making the rest of the batch, place the crêpes in a stack on a heatproof plate and place in a low oven, or over a saucepan of simmering water. Alcohol needs to be warmed to flambé effectively; however, take care not to overheat or it will evaporate before you can ignite it.





dainty open sandwiches

■□□ | Cooking time: 0 minutes - Preparation time: 10 minutes

method

1. Slice breadsticks thinly, lightly butter one side of each slice.
2. Top with any of the assorted fillings.
3. Garnish with any of the suggestions.

ingredients

- > French breadsticks
- > butter

suggested fillings

- > smoked turkey slices with cranberry jelly
- > sliced roast beef with béarnaise sauce
- > sliced hard-boiled egg and caviar
- > prawns and mango chutney
- > tomato, avocado and cooked, chopped bacon
- > smoked salmon,

Camembert cheese

- > sliced salami, cheese and gherkins
- > ham and asparagus

garnishes

- > lettuce, olives, cherry tomatoes, lemon slices, watercress, basil, onion rings, chives, parsley, dill, strawberries, orange segments, alfalfa sprouts

tip from the chef

Sandwiches should be assembled just before serving. Have bread buttered and covered and all ingredients chopped, sliced and in refrigerator ahead of time. Any type of bread can be used, the best being the firmer varieties such as rye and pumpernickel as they are easier to pick up and eat. Make sure that the toppings are firmly adhered to the bread for easy eating; use sauces, herb butters and mayonnaises for this.



chicken and pepper tortillas

■ ■ □ | Cooking time: 20 minutes – Preparation time: 40 minutes

ingredients

tortillas

- > 7½ cups fine cornmeal
- > 1½ cups plain flour
- > pinch salt
- > 75 g/2½ oz margarine, chopped
- > ¾ cup warm water

topping

- > ¼ cup tomato paste
- > 100 g/3½ oz low fat cheese, grated
- > 1 cup cooked chicken breast, chopped
- > 2 tablespoons chopped green pepper
- > 2 teaspoon chopped red chili

method

1. Mix cornmeal, flour and salt together in a medium bowl (a). Rub in margarine until mixture resembles fine breadcrumbs (b).
2. Add the water and mix to a dough. Lightly knead (c) on a floured surface for 2 minutes.
3. Roll dough out and using a 9 cm/3½ in round cutter, cut out 8 circles (d).
4. Place tortillas on a greased baking tray and bake at 180°C/350°F/Gas 4 for 10 minutes.
5. Spread tomato paste over each tortilla, sprinkle with cheese, chicken, green pepper and chili. Bake for 10 minutes more.

.....
Makes 8 to 10

junior chef says

Tortillas can be replaced by crêpes made with wholemeal flour and self-raising flour, in the proportion of 1 cup wholemeal every 2 cups self-raising flour.



a



b



c



c



montecarlo

biscuits



■ □ □ | Cooking time: 15 minutes – Preparation time: 10 minutes

method

1. Place butter, brown sugar and vanilla essence in a bowl and beat until light and fluffy. Add egg, plain flour, self-raising flour, coconut and rolled oats (a) and mix well to combine.
2. Roll tablespoons of mixture into balls, place on greased baking trays and flatten slightly with a fork (b). Bake at 190°C/375°F/Gas 5 for 12 minutes or until biscuits are golden. Transfer to wire racks to cool.
3. To make butter cream, place butter, icing sugar and vanilla essence in a bowl and beat until light and fluffy. Spread half the biscuits with raspberry jam and top with butter cream (c). Top with remaining biscuits.

ingredients

- > 125 g/4 oz butter, softened
- > 1 cup/170 g/5½ oz brown sugar
- > 2 teaspoons vanilla essence
- > 1 egg, lightly beaten
- > 1 cup/125 g/4 oz plain flour, sifted
- > ½ cup/60 g/2 oz self-raising flour, sifted
- > 90 g/3 oz desiccated coconut
- > ¾ cup/75 g/2½ oz rolled oats
- > ½ cup/155 g/5 oz raspberry jam

butter cream

- > 60 g/2 oz butter, softened
- > ½ cup/75 g/2½ oz icing sugar
- > 1 teaspoon vanilla essence

.....
Makes 20

junior chef says

For the biscuits not to moisten, fill them at the last moment.



caramel cherries

■ □ □ | Cooking time: 5 minutes – Preparation time: 10 minutes

ingredients

- > 440 g/14 oz canned, pitted sweet cherries, drained
- > 1¼ cups/315 ml/10 fl oz double cream, whipped
- > 1 teaspoon liqueur of your choice or sherry
- > brown sugar

method

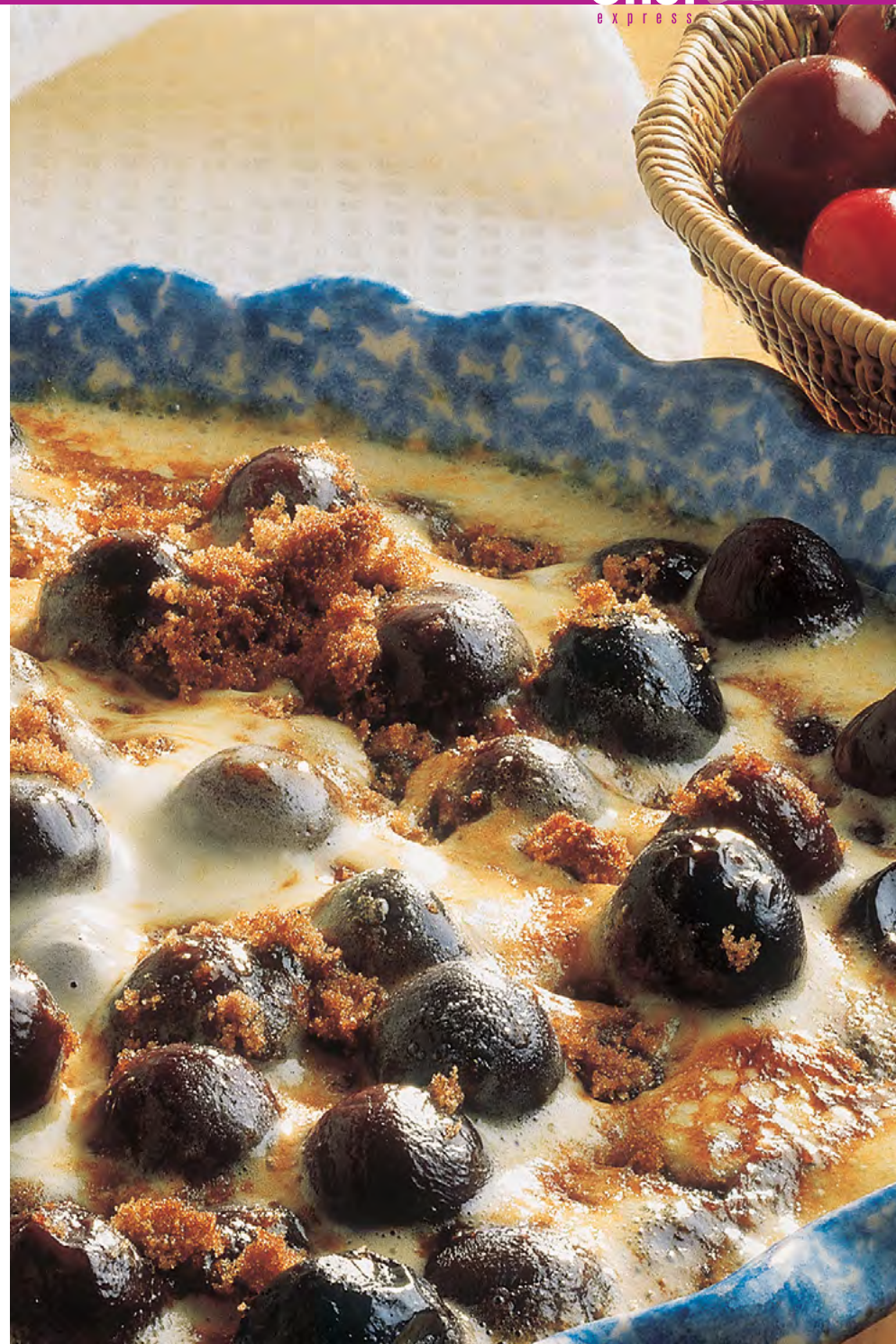
1. Place cherries in a shallow ovenproof dish.
2. Place cream and liqueur or sherry in a bowl and beat until soft peaks form. Spoon cream mixture over cherries, sprinkle thickly with brown sugar and cook under a preheated hot grill for 3-4 minutes or until sugar melts. Serve immediately.

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Serves 6



tip from the chef

This dessert is also delicious made with other canned fruit such as apricots or pineapple. Fresh strawberries or grapes are also popular choices.





peach crêpes

with raspberry sauce

■ ■ □ | Cooking time: 20 minutes - Preparation time: 15 minutes

method

1. Sift flour into a medium bowl, make a well in the center. Combine eggs, butter and milk in a jug, pour into well and slowly mix to a smooth batter. If necessary, blend or process batter to remove any lumps.
2. Pour 2 tablespoons of batter into a heated, greased crêpe pan. Cook until golden on underside, turn crêpe and brown on the other side. Repeat with remaining batter.
3. Heat extra butter in a frying pan over moderate heat, add peach slices, lightly sauté for 1 minute each side, fill each crêpe with peaches, sprinkle with sugar, roll up crêpe.
4. Combine raspberries, Framboise, lemon juice and jam in a medium saucepan over moderate heat, simmer for 5 minutes. Push mixture through a sieve and pour over crêpes to serve.

ingredients

- > ¾ cup plain flour
- > 3 eggs
- > 2 tablespoons melted butter
- > 1 cup milk
- > 30 g/1 oz butter, extra
- > 2 large peaches, peeled and thinly sliced
- > 2 tablespoons caster sugar
- > 1 small box raspberries
- > 2 tablespoons Framboise
- > 1 tablespoon freshly squeezed lemon juice
- > ¼ cup raspberry jam

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Serves 6

tip from the chef

If you wish to enhance this warm dessert, serve with whipped cream.



smoked salmon with asparagus

■ □ □ | Cooking time: 5 minutes - Preparation time: 15 minutes

ingredients

- > 750 g/1½ lb asparagus spears, trimmed
- > lettuce leaves of your choice
- > 500 g/1 lb smoked salmon slices
- > freshly ground black pepper

lemon yogurt sauce

- > 1 cup/200 g/6½ oz natural low-fat yogurt
- > 1 tablespoon finely grated lemon rind
- > 1 tablespoon lemon juice
- > 1 tablespoon chopped fresh dill
- > 1 teaspoon ground cumin

method

1. Boil, steam or microwave asparagus until tender. Drain, refresh under cold running water, drain again and chill.
2. Arrange lettuce leaves, asparagus and salmon on serving plates.
3. To make sauce, place yogurt, lemon rind, lemon juice, dill and cumin in a small bowl and mix to combine.
4. Spoon sauce over salmon and vegetables. Sprinkle with black pepper, cover and chill until required.

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Serves 6

tip from the chef

If fresh asparagus is unavailable, green beans or snow peas are good alternatives for this recipe.



pancake stacks



■ □ □ | Cooking time: 30 minutes – Preparation time: 5 minutes

method

1. Place flour in sifter or sieve. Sift into large mixing bowl. Add sugar.
2. Break egg into small bowl. Add milk. Whisk.
3. Make a well in center of flour mixture. Pour in egg mixture. Beat with wooden spoon until smooth.
4. Place a little butter in frying pan. Heat over a medium-high heat until butter melts and sizzles.
5. Pour 3-4 tablespoons of batter into pan (a). Cook until bubbles form on top of pancake (b). Turn over. Cook for 1-2 minutes or until second side is brown (c).
6. Place cooked pancake on plate. Repeat with remaining batter to make 10 pancakes.
7. Stack three or four pancakes on each serving plate. Eat pancakes with your favorite topping.

ingredients

- > 1 cup/125 g/4 oz self-raising flour
- > 2 tablespoons sugar
- > 1 egg
- > ¾ cup/185 ml/6 fl oz milk
- > 30 g/1 oz butter

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Makes 10

junior chef says

Top pancakes with jam, honey or golden or maple syrup. Serve with milk and muesli. To make muesli, mix 10 chopped dried apricots, 2 cups/185 g/6 oz rolled oats, 1 cup/45 g/1½ oz bran flakes, 4 tablespoons wheat germ, 4 tablespoons sultanas, ½ cup/45 g/1½ oz desiccated coconut and 2 tablespoons sesame seeds.



vegetable frittata wedges

■ ■ □ | Cooking time: 45 minutes - Preparation time: 35 minutes

ingredients

- > 2 tablespoons vegetable oil
- > 1 onion, very thinly sliced
- > 1 potato, very thinly sliced
- > 350 g/11 oz canned asparagus spears, drained
- > 1 red pepper, cut into long strips
- > 1 zucchini, cut into long strips
- > 6 eggs, beaten
- > freshly ground black pepper
- > 2 tablespoons grated Parmesan cheese

method

1. Drizzle oil over the base of a 23 cm/9 in quiche dish, then spread with onions and top with potato slices. Cover dish with aluminum foil and bake at 180°C/350°F/Gas 4 for 30 minutes or until potato is tender.
2. Arrange asparagus spears and red pepper and zucchini strips like the spokes of a wheel onto top of potato, then pour over eggs and season with black pepper to taste. Scatter with Parmesan cheese.
3. Bake, covered, for 15 minutes or until frittata is firm. Cool for 10 minutes, then cut into wedges and serve.

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Makes 8



tip from the chef

For this frittata, when fresh asparagus are off season, use small artichoke stems, boiled and cut in thin slices.



ricotta

and herb crêpes



■ ■ □ | Cooking time: 25 minutes – Preparation time: 20 minutes

method

1. Sift flour into a large mixing bowl. Make a well in the center and slowly pour in combined eggs, melted butter and milk. Using a wooden spoon stir mixture, gradually blending in flour until well combined and there are no lumps. Allow batter to rest in a cool place for at least 2 hours.
2. Melt 2 tablespoons of extra butter in a small crêpe pan over medium heat. When butter begins to sizzle, pour a thin layer of batter (a) and cook for about 1 minute before turning, cook a further 30 seconds to 1 minute. Cook remaining batter the same way.
3. To make filling, combine ricotta cheese, basil, parsley and Parmesan cheese (b), set aside. Melt butter in a medium saucepan over medium heat. Add flour and cook for 30 seconds. Stir in milk in one batch, keep stirring until mixture thickens. Pour half the white sauce into the ricotta herb mixture and mix well.
4. Spoon filling along each crêpe and roll up (c). Reheat crêpes in moderately low oven until ready to serve. Reheat remaining sauce, add remaining extra butter and cream and serve over crêpes.

ingredients

crêpes

- > 1 cup plain flour
- > 3 large eggs, lightly beaten
- > 3 tablespoons melted butter
- > 1¾ cups milk
- > 4 tablespoons butter, extra

filling

- > 500 g/1 lb ricotta cheese
- > 2 tablespoons chopped fresh basil
- > 2 tablespoons chopped fresh parsley
- > ¼ cup freshly grated Parmesan cheese
- > 6 tablespoons butter
- > 6 tablespoons plain flour
- > 2½ cups milk
- > 4 tablespoons butter, extra
- > ¼ cup cream

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Serves 6-8



egg and mustard ham rolls

■ □ □ | Cooking time: 30 minutes - Preparation time: 15 minutes

ingredients

- > 4 wholemeal rolls
- > 2 tablespoons wholegrain mustard
- > 15 g/½ oz butter
- > 50 g/1¾ oz button mushrooms, sliced
- > 1 onion, chopped
- > 50 g/1¾ oz thin ham slices, cut into strips
- > freshly ground black pepper
- > 4 eggs
- > 60 g/2 oz Cheddar cheese, grated

method

1. Cut a slice from the top of each bread roll; set aside and reserve. Scoop out the center, leaving a thin shell (reserve crumbs for another use). Spread inside of each roll with mustard.
2. Melt butter in a frying pan over a medium heat and cook mushrooms and onion for 2-3 minutes. Add ham and cook for 2 minutes longer. Divide mixture between rolls and sprinkle with black pepper.
3. Break an egg into a small bowl, then slide it into a roll. Repeat with remaining eggs and rolls. Sprinkle with cheese and replace the tops.
4. Place rolls on a baking tray and bake at 180°C/350°F/Gas 4 for 25 minutes or until whites are firm.

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Serves 4



tip from the chef

These rolls make a great snack or a delicious brunch. For a quick and nutritious meal, serve with a tossed green salad.



cappuccino

banana cake

■ □ □ | Cooking time: 40 minutes - Preparation time: 15 minutes

method

1. Place bananas, sugar, oil, eggs and vanilla essence in a bowl and mix to combine (a).
2. Sift together flour and bicarbonate of soda into a bowl. Return husks to bowl. Stir flour mixture banana mixture and coffee mixture into and mix well to combine (b).
3. Spoon mixture into a honstick 23 cm/9 in fluted ring tin (c) and bake at 180°C/350°F/ Gas 4 for 40 minutes or until cake is cooked when tested with skewer. Stand cake in tin for 5 minutes before turning onto a wire rack to cool. Just prior to serving, dust cake with icing sugar.

ingredients

- > 6 ripe bananas, mashed
- > ½ cup/90 g/3 oz brown sugar
- > ¼ cup/60 ml/2 fl oz vegetable oil
- > 2 eggs, lightly beaten
- > 1 teaspoon vanilla essence
- > 2 cups/315 g/10 oz wholemeal self-raising flour
- > ½ teaspoon bicarbonate of soda
- > 2 tablespoons instant coffee powder dissolved in 4 teaspoons hot water
- > icing sugar, sifted

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Serves 10

tip from the chef

For a special occasion this cake is delicious topped with a thin layer of coffee icing.



a

b

c

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breakfast & brunch

